Finding Your Direction

Choose a goal that matters to you, rather than one you feel you should pursue.

A useful starting point

A meaningful goal can be small, practical or personal. It may involve wellbeing, work, learning, relationships or daily life. You can change your mind as you learn what you need.

Something I would like to work towards

Write one goal or change you are considering.

Why does this matter to me?

Think about your values, needs or hopes rather than other people’s expectations.

What might be different if I made progress?

Strengths, experiences or support I already have

Gentle reminder

A goal does not need to be ambitious to be worthwhile. Choose something that fits your circumstances and capacity.

Making Your Goal Manageable

Turn a broad intention into a clear, flexible starting point.

From broad idea to manageable goal

Broad: “I want to be more organised.”
Manageable: “I will try a five-minute weekly planning check-in on Sunday, and adjust it if needed.”

My broad goal

What would a realistic version look like?

Describe what you could try, not what you must achieve.

How will I notice progress?

Consider signs of change that are meaningful to you.

What is one small starting action?

Keep it flexible

Timeframes can guide you without becoming deadlines. If a plan feels too demanding, make the first step smaller.

Breaking It Into Steps

Make a plan you can return to, adapt and use at your own pace.

How to use this page

List a few actions in an order that feels helpful. Include what you need and a possible time to try each one. Leave anything uncertain blank for now.

My next step	What I need	When I might try

The smallest action I could take to begin

If that still feels too big, I could try…

Recognising Barriers and Support

Plan for challenges without treating them as personal failures.

Barriers are information

Energy, time, access, competing demands and uncertainty can all affect progress. Identifying a barrier helps you decide whether to adjust the task, environment, timing or support.

What might get in the way?	What could make it easier?

People, tools or resources I could draw on

If circumstances change, I can adapt by…

Taking Action and Building Momentum

Support action with realistic cues, flexibility and recovery time.

Ways to make action easier

Try a visible reminder, link a step to an existing routine, work alongside someone, or prepare materials in advance. Notice effort and learning, not only completed outcomes.

One action I am willing to try

A cue or support that could help me begin

How I will recognise a small step forward

If I pause or lose momentum, I could...

Progress is rarely linear

Rest, reassessment and changing direction can all be useful parts of an action plan.

Reviewing and Adjusting Your Plan

Reflect on what you have learned and decide what comes next.

What have I tried so far?

What has worked, even a little?

What have I learned about my needs or circumstances?

What would I like to continue, change or pause?

My next manageable step

A compassionate review

You can revise, postpone or let go of a goal. The purpose of reviewing is to make the plan useful to you, not to judge your progress.